



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35166, Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Report Date: July 16, 2017 02:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	56.49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	206	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	862	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein ¹	g	35.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) ¹	g	7.26	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash ¹	g	2.75	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca ¹	mg	69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe ¹	mg	1.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg ¹	mg	39	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P ¹	mg	350	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K ¹	mg	470	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na ¹	mg	600	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn ¹	mg	1.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu ¹	mg	0.148	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn 1	mg	0.051	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	44.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Thiamin 1	mg	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.358	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	13.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	0.656	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.182	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food 1	µg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Choline, total ¹	mg	106.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine ¹	mg	5.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 ¹	µg	7.43	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	35190	07/2007
Retinol	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	35190	04/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	63	--	--	--	--	--	--	--	--	Calculated or imputed	35190	07/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) ¹	mg	0.45	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) ¹	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	1.480	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 ¹	g	0.210	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 ¹	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 1	g	1.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 1	g	0.180	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	2.290	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated 1	g	0.250	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated ¹	g	1.250	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 ¹	g	0.460	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated ¹	g	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:1 c ¹	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	2.210	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated ¹	g	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated ¹	g	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 ¹	g	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c ¹	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ¹	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated ¹	g	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) ¹	g	0.600	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
21:5 ¹	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) ¹	g	0.170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) ¹	g	0.970	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol	mg	93	--	--	--	--	--	--	--	--	Calculated or imputed	35190	04/2006
Amino Acids													
Tryptophan ¹	g	0.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine ¹	g	1.530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 1	g	1.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine 1	g	2.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine 1	g	2.740	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine 1	g	0.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine 1	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine 1	g	1.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine 1	g	1.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine 1	g	1.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine 1	g	2.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine 1	g	0.820	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine ¹	g	2.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid ¹	g	3.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid ¹	g	4.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine ¹	g	1.870	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline ¹	g	1.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine ¹	g	1.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD